



When snacking and tackling go hand-in-hand,  
*We work with you*

With **Weight Watchers**<sup>®</sup>, you win while you lose. Our flexible **Beyond the Scale** program offers you the coaching you need to see weight loss results without compromising the way you live your life.

*Members  
lost 15% more  
weight*

in their first two months on our **Beyond the Scale** program vs. those on the prior program.\*

## If not now, when?

- Sign up for Weight Watchers at Work meetings to get guidance from a trained Weight Watchers Leader, the in-person motivation from members who are on the same path, and access to a suite of digital tools
- Meetings typically occur every Thursday from 12:00 p.m. to 1:00 p.m.
- Location - Main Campus | Admin West Building | 3rd floor | HR Conference Room (subject to change)
- **Current series runs October 12, 2017 - January 4, 2018 (12 weeks); next series to start on January 11<sup>th</sup>**
- To sign up - attend a weekly meeting and pay Weight Watchers directly
- Cost - 12 weeks: \$156; or 17 weeks: \$186 (can be pro-rated based on when you sign up)
- Contact [Human Resources](#) if you have additional questions or to join the email list
- Note: In order to host meetings at the County, we must meet the minimum participation requirements. The length of the series allowable is determined by the number of participants that sign up.

Please note, meetings available in participating areas only.  
Minimum enrollment required to start meetings in the workplace.

\*Comparing Meetings members who weighed in two months after starting the program versus the same time period in the prior year.

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**weightwatchers**

LIVE FULLY.